

DOWNTOWN SMALL GROUP TRAINING \$

LOCATED AT THE DOWNTOWN GREEN TURF

Downtown Hours: Mon-Fri: 5 am-10 pm; Sat. & Sun. 7 am-8 pm

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 AM		*Hot Flash Hustle w/Miya starts July 22nd		*Hot Flash Hustle w/Miya starts July 22nd	
8 AM	Sky's Out Thighs Out w/Coach Mizell		Sky's Out Thighs Out w/Coach Mizell		Sky's Out Thighs Out w/Coach Mizell
9 AM	PEAK Power Hour w/Miya		PEAK Power Hour w/Miya		PEAK Power Hour w/Miya

Small Group Training Pricing

Members \$150/10 Sessions or \$15 per session

Guest: \$250/10 Sessions or \$25 per session

Sessions are 50 minutes

Sky's Out Thighs Out

Strength training focusing on core, intervals and mobility.

Hot Flash Hustle (starts July 22nd)

A strength workout designed to increase muscle, strengthen bones, and improve balance using a combination of bodyweight exercises and free weights with a focus on eccentric and isometric movement patterns. This workout is geared towards people who want to train for longevity. Staying as strong as possible for all of life's physical activities for as long as possible.

PEAK Power Hour

60-minute HIIT style workout focusing on strength training, cardio, and balance.



Downtown Fitness Training Director, Mike Rankin

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